

HOW-TO FESTIVAL

Saturday
May 18th

11 A.M.
to
3 P.M.

Learn Something **NEW!**

Logan Heights Library

11:00 am How To Unwind and De-Stress with Meditation

Taina Berardi | Identify and alleviate stress through awareness tools, movement therapy, breathwork, and meditation.

11:30 am How to Do Yoga for Success

Satheesh Kandavelu | Learn simple Yogic practices and meditation to attain health, clarity, and joy.

12:30 pm How To Make Bath Bombs, Bath Salts, & Scrubs

Patricia McFadden | Learn the ingredients for bath bombs, salts, & scrubs and how to mix them together.

1:00 pm How To Make & Trade Artist Trading Cards

Anthony A. LoBue | Learn how to make small artworks the size of baseball cards and to exchange them with other artists.

2:00 pm How to Run a Book Club

Ralph Inzunza | Get tips on how to organize and facilitate a successful book discussion group.

